

Massage and Holistic Therapies

Back, Neck and Shoulder Massage

A great tension reliever. Eases muscular aches and pains. 30mins - £18.00

Back, Neck and Shoulder Aroma Massage

Massage with the added benefit of personalised blended oils to suit your needs. 40mins - £20.00

Full Body Massage

Massage to soothe tension, promoting relaxation and stress-relief. 60mins - £32.00

Full Body Aroma Massage

This unique method of massage involves a thorough consultation and diagnosis to enable a personalised blend of oils. The massage includes lymphatic drainage and pressure points to create a total feeling of well-being.

1hr 30mins - £34.00

Indian Head Massage

An extremely relaxing massage to the neck, shoulders, face and scalp, to relieve tension, improve circulation and combat stress. 60mins - £25.00

TH. Stone Therapy

The ancient healing art of stone massage, a modality for physical and spiritual balancing. Working in harmony using various massage techniques and warm stones, relaxing the body at its deepest level. Stone Massage is very effective to create harmony and a positive energy flow. An extremely relaxing massage to the neck, shoulders, face and scalp, to relieve tension, improve circulation and combat stress. Approx. 1hr 30mins - £41.00

Reflexology

A stimulating form of massage on the reflex areas of the feet to relieve tension and stress and producing therapeutic relaxation. This holistic treatment will help to balance all the bodies systems enhancing overall health and well-being 60mins - £25.00

Oriental Acupressure

Concentrating on the energy channels of the face and neck, to balance the whole body. 30mins - £18.00

Hopi Ear Candling

Includes consultation, ear candling, face, neck and shoulder massage. Made from pure beeswax, honey extract, traditional herbs and essential oils. A light suction (chimney effect), generates a massage-like effect on the eardrum. This induces a pleasant feeling of warmth and a balance of pressure in the ears, forehead and sinuses. It is soothing and helpful for earache and headache, ear noise, stress, nervousness, pre-flight and relaxation. 50-60mins - £25.00

Cosmetic Spray Tanning Treatment

The perfect and easy way to get a tan without exposing your skin to ultra violet rays.

At *Synergie* Beauty Studio you have the choice of having your treatment in the beauty studio or in the comfort of your own home.

Beauty Studio - £18.00

Home and Party Price – p.o.a

Packages

Synergie - Bronze

Reduce stress, restore and rebalance your mind whilst the entire body is deep cleansed to a silky smoothness with a French Body Polish, followed by a Massage. Approx. 3hrs - £48.50

Synergie - Silver

The deluxe treatment for the skin and body. Beginning with a full Body Massage followed by a Cabine Facial treatment and then to finish, either a Manicure or Pedicure. Approx. 4hrs - £71.50

Synergie - Gold

A luxury treatment of, a Facial, Body Massage, Manicure and Pedicure. Approx. 4 hrs - £85.00

Please turn off mobile phones.

We want you to relax and enjoy your treatment.

For Health and Safety reasons and general client consideration,
Synergie have a No Children Policy.

Please be kind enough to give us 24hrs notice if you cannot attend an appointment.

Courses and Packages are available on all treatments.

Courses are not refundable

Home Care Products are available.

Gift Vouchers are available for both Beauty and Hair.

Synergie Beauty Studio is very flexible on working hours. Early morning and evening appointments are available by appointment.

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Synergie Beauty Studio

10 Station Road Knebworth 01438 812877 07837 266049

www.synergie-hairandbeauty.co.uk

S O T H Y S
La Référence Beauté en Institut
PARIS

Sothys is the signature of excellence. Through these technically advanced treatments, supporting homecare products, and our personalised advice we at *Synergie* can guarantee results that will enable you to understand, protect and care for your skin. *Synergie* believes your skin is an asset which deserves the finest treatment...

Preliminary Face Care

Flash Beauty

A treatment to provide rapid skin illumination & maximum relaxation. Incorporates essential oils of mandarin & citrus resulting in a radiant luminous complexion & improved softness & suppleness. Suitable for all skin types, men & women. 30mins - £18.75

Cabine

Following a skin consultation and analysis, you will receive a treatment specifically designed to address skin concerns. Product and homecare recommendation is also provided. A perfect treatment by way of introduction to the *Sothys* skin care range. Suitable for both men and women. 45mins - £21.00

Specific Face Care

Active Contour Eye

A complete triple action treatment for the eye area to relieve tiredness, free congestion & smooth skin. Effective on wrinkles, dark circles and puffiness. Even the most sensitive of eyes will find immediate comfort after the treatment. 40mins - £22.00

Immuniscience

A specific treatment to soothe, calm and strengthen sensitive & ultra-sensitive skins. The products used are all hypoallergenic, fragrance free & colour free. The skin will be left feeling soft, comfortable & any tight stinging sensations & redness diminished. 60mins - £28.00

Professional Correcting

A normalising treatment specifically adapted for oily and problematic skin. Use of essential oils help to purify the complexion & help eliminate imperfections. 60mins - £28.00

Prestige Face Care

Sothys have created specific facials with products to complement giving maximum benefits and results on the skin.

Hydrooptimale

The ultimate hydrating & relaxing treatment for all skin types with areas of dehydration. Combining the application of a serum, mask and using *Sothys* Digital Relaxation Technique you are guaranteed comfort & suppleness of the skin. 1hr 15mins - £35.00

Oxylance Treatment

This treatment is specifically for skin that requires radiance and vitality. Incorporating aromatic cocooning with hot towels, a relaxing massage and stimulating mask an immediate sense of freshness & deep cleansing is experienced. Suitable for all skin types except sensitive or very dehydrated skin. 1hr 15mins - £35.00

Lift Defence Treatment

An anti-wrinkle firming treatment for skins presenting external signs of ageing. After first treatment skin appears radiant, feels soft & with increased suppleness. 1hr 15mins - £35.00

Mens Facial - Homme Treatment

The ultimate detoxifying and de-stress treatment for men. Hydrates skin sensitised by both wet & dry shaving. Combining the use of active ingredients & hot towels, hydration & suppleness of the skin is experienced along with increased radiance & detoxification. 60mins - £32.00

Conditioning Hand or Foot Treatment

This treatment is only available when booked with a *Sothys* facial. The treatment works on improving the condition of the cuticles & hands/feet leaving them feeling soft & smooth. 25mins - £8.50

With all of the *Sothys* Institute Treatments we recommend courses.

Sothys Body Care / Well-Being Treatments

Sothys has created *ThalassoSothys* with marine extracts, to offer therapeutic solutions to the pressures and pace of modern living.

Marine Salt Scrub

A treatment, specifically for sun damaged, rough or dry skins. Exfoliating marine crystals into the skin effectively removes dead skin cells & remineralises the skin. The result a soft, smooth, nourished skin, with a luminous & radiant glow. Not suitable for a sensitive skin type. 1hr 15mins - £22.00

French Body Polish

A treatment particularly suited to those with sensitive, fragile & delicate skins. It combines a soft gentle exfoliation rich in algae actives that boost the circulation & revitalize the skin, with a relaxing massage to protect, hydrate & soften. 1hr 15mins - £22.00

Total Back

We only see our backs in the mirror. This treatment is designed to get to the places you can't. Deep cleanse, exfoliation, steam & extractions, masque & moisturise. 1hr15mins - £25.00

Sothys Body Care – Intensive Spa Body Care

Detoxifying Treatment

A deep cleansing and relaxing body treatment incorporating the benefits of marine extracts to remineralise the skin, exfoliate and remove dead skin cells. After the treatment the skin is incredibly soft and smooth, its texture refined and tone improved.
1hr 30mins - £28.00

Slimness Treatment

A specific body treatment to reduce the visual aspect of cellulite and to smooth and refine the body contours. Exfoliation and wrapping preparations are rich in algae extracts known to stimulate the circulation, refine skin texture, detoxify and rebalance the skin. A full massage of specific stimulating and drainage moves reinforce the slimming effect. The skin will be soft and supple, the contours smoother and refined.
1hr 45mins - £38.00

Relaxing and Remineralising Treatment

A treatment to provide a deep sense of well-being and antidote to stress. Combining the benefits of active seaweed extracts in remineralising products, along with relaxing massage techniques and essential oils. The skin is left feeling incredibly soft, smooth and hydrated.
1hr 45mins - £38.00

Freshness Treatment For Tired Legs

An effective treatment to freshen and soothe tired legs. Ideal for all skin types, and particularly recommended for those with poor circulation. Concentrated marine and algae extracts stimulate the circulation, remineralise and hydrate the skin. The skin is soft and more even with a long lasting sensation of freshness.
1hr 30mins - £30.00

Firmness Treatment For The Bust

This treatment is recommended for busts that lack firmness and tone, and as a preventative treatment towards maintaining firmness. Incorporating active marine based products with massage to restore suppleness to the skin, decongest tissue and increase cellular exchange. Visible results with toned, soft and supple skin, increased elasticity and firmness.
1hr 15mins - £25.00

Body Care Aroma Sothys Treatments

Relaxing Treatment

The ultimate in relaxation and innovation, through a special blend of essential oils and massage techniques. A full body exfoliation and hydration, precede an exclusive massage with Sothys massage balls and hot aromatic towels. After the treatment skin is soft, supple and silky smooth – relaxation guaranteed.
1hr 30mins - £30.00

Energising Treatment

A new treatment inspired by the traditions of Chinese medicine, provide an energy enhancing massage treatment. A full body exfoliation and hydration, is followed by massage movements, in a mist of stimulating and energising fragrances, adapted to boost vital energy and leave the skin soft, supple and silky smooth.
1hr 30mins - £30.00

Caci Non-Surgical Facial Toning & Body Sculpting

This treatment helps re-educate, tone and firm facial muscles whilst smoothing the appearance of fine lines and wrinkles. Caci will help re-establish sagging muscle, which in turn will correct the sag of skin. Micro-mode also works on improving – Acne scarring, blemishes, sun-damaged skin and dry de-hydrated skin.

A course of treatments is highly recommended for quicker, more effective results, followed by a maintenance treatment at 4-6 week intervals.

Free Caci information booklets are available at the studio.

Caci Facial Treatment Approx. 60mins - £33.00

First treatment includes consultation

A course of 10 Caci Treatments, 60mins x 10 - £288.00 + 1st maintenance FREE.
Then after £28.80.

Eye Caci 30mins - £18.00

Your eyes are surrounded by a network of fine, narrow muscles, supporting the skin in an area which is particularly fragile. Caci will reduce crow's-feet, improve puffiness and sagging, restoring a healthier skin tone.

Caci Quantum Body Treatments

Caci have also produced exclusive body treatments, which can help to tone, contour and shape a variety of areas on the body. A course of treatments is highly recommended as with the face to get maximum effects in a shorter period of time.

Slimming Treatment

Gives an inch-loss effect on the body. It is ideal for someone wanting to lose weight and works very well in conjunction with diet and regular exercise.
30mins - £18.00

Toning Treatment

Recommended for someone who does not need to lose any more weight but would like to be more toned.
30mins - £18.00

Cellulite Treatment

Targets cellulite, fluid retention and stubborn fatty areas such as thigh and buttocks helping to improve skin texture and firmness.
45mins - £22.00

Lymphatic Drainage Treatment

Specifically designed to stimulate lymphatic flow speeding up the removal of toxins from the body.
30mins - £18.00

Contouring Treatment

Can be used on the stomach, bust and buttocks to help strengthen and lift muscles therefore having a tightening and firming effect.
45mins - £18.00

Hand Caci 30mins - £18.00

See Caci section

Waxing and Electrolysis (Hair Removal)

At Synergie we use the PhD waxing system. This is hygienic and totally disposable.

Full Leg - £18.50 Full Leg, Bikini - £22.50
Full Leg, Bikini, Underarms - £27.50
Half Leg - £11.00 Half Leg, Bikini - £14.50
Half Leg, Bikini, Underarms - £18.50
Bikini and Underarms - £11.00 Bikini - £7.00 High Bikini - £9.00
Underarms - £7.00 Full Arm - £12.50 Half Arm - £11.00
Lip or Chin - £5.00 Lip and Chin - £8.00 Eyebrow - £5.50

Electrolysis

Almost all women at some time are concerned about unwanted hair on their face or body. Whatever your concern the *Sterex Blend Method* can help by removing your unwanted hair. We always use *Sterex Disposable Needles*.
10mins - £8.00 25mins - £15.00 40mins - £21.00

Bleaching

Upper Lip - £5.50
Chin, Arm etc – P.O.A.

*For the above it is necessary to have a patch test 48 hours prior to the treatment.

Hands and Feet

Nail Tek Therapeutic Nail Care System

Each *Nail Tek* product has been specifically formulated to ensure that specific nail conditions are treated in the correct way to achieve guaranteed results.

Shape and Paint

Includes shaping the nails and applying colour to finish. This treatment can be done on either on the hands or feet.
25mins - £9.00

Maintenance Manicure

Includes a nail and hand analysis, cuticle work, hand and arm massage and protein formulas to treat your specific needs. Includes varnish.
60mins - £16.50

Deluxe Manicure

As above, but with the addition of hand and arm exfoliation to rejuvenate overworked hands. Then we will use heated mitts or paraffin wax, to soften and soothe the skin, improving circulation.
1hr 15mins - £20.50

Spa Manicure

A luxury spa treatment for the hands and arms which is included in a standard manicure. Using marine extracts, essential oils and a regenerating mask the treatment leaves the skin feeling soft and smooth. Polish included.
1hr 15mins - £22.50

Hand Caci - See Caci section 30mins - £18.00

Maintenance Pedicure

A refreshing treatment to hydrate, protect and improve condition of feet. Incorporates nail and cuticle work, rough skin removal, foot and leg massage, and protein formulas to treat your specific needs. Includes varnish.
60mins - £20.00

Deluxe Pedicure

As above, but with the addition of feet and leg exfoliation to help with rough skin removal and use of heated booties or paraffin wax, to soften and soothe the skin improving circulation.
1hr 15mins - £25.00

Spa Pedicure

A luxury spa treatment for the feet and lower legs which is included in a standard pedicure. The treatment offers an immediate sensation of freshness, improved circulation and relief to tired aching legs and feet. Ideal for all skin types. After the treatment the skin is soft, supple and refreshed.
1hr 15mins - £24.50

Eyes

Eyelash Tint - £8.00 Eyebrow Tint - £6.00 Eyelash and Brow Tint - £12.00

Eyelash Perm - £20.00 Eyelash Perm and Tint - £25.00

Eyebrow Shape - £5.50 Eyebrow Wax - £5.50

*For the above it is necessary to have a patch test 48 hours prior to the treatment.

Active Contour Eye

A complete triple action treatment for the eye area to relieve tiredness, free congestion and smooth skin. Effective on wrinkles, dark circles and puffiness. Even the most sensitive of eyes will find immediate comfort after the treatment.
40mins - £30.00

Eye Caci - See Caci section 30mins - £18.00